

Smoked Paprika and Chickpea Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-tomato-and-chickpea-soup-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 red onion peeled and minced
- 3 garlic cloves peeled and minced
- 2 celery stalks strings removed with a potato peeler and chopped small
- 2 teaspoons rosemary leaves finely chopped
- 2 cups chickpeas cooked, yup, you can swap a 14.5-ounce can of rinsed, drained chickpeas in place of soaked, dried, cooked chickpeas
- 1/2 teaspoon smoked paprika
- 2 bay leaves
- 1 tomato paste level tablespoon
- 14 ounces diced tomatoes undrained
- 5 cold water ladles, or use stock of any kind that's languishing in your freezer
- coarse salt
- black pepper
- 1 handful flat-leaf parsley chopped

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 41 grams
3. Fat: 4.5 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 860 milligrams
8. Sugar: 9 grams

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